



# Spring poultry

## Chicken Caesar Salad with Bacon and Tarragon



Serves: 4  
Preparation time: 20 mins  
Cooking time: 12-16 mins

### Ingredients

- 2 x chicken breasts, skin removed and cut into stir-fry strips
- Salt and pepper to taste
- 4 rashers bacon (dry cured), thinly sliced
- 1 small bunch of fresh tarragon or two tbsp of dried tarragon
- Olive oil
- 1 pack of ready made croutons or home made
- Parmesan cheese shavings
- Fresh chives

### Dressing:

- 150g/5oz grated parmesan
- 2tbsp white wine vinegar
- 250g/8oz mayonnaise
- 3tbs Dijon mustard
- 2 anchovy fillets rinsed and finely chopped
- 1 garlic clove, crushed
- 50ml olive oil

### Method

1. Season the chicken strips with salt and pepper and stir-fry with a table spoon of olive oil in a frying pan or wok for 3-4 minutes until cooked through (keep warm).
  2. Return the pan to heat, and stir-fry slices of bacon until cooked (keep warm).
  3. Wash, then tear up one medium sized Cos lettuce and place in a salad bowl.
  4. Make the dressing – add all the ingredients, blend for 30 seconds, pour into a beaker or a bowl.
  5. Return pan to the heat and warm through the chicken and bacon, add finely chopped tarragon leaves. After 2-3 minutes take off the heat.
  6. Add chicken/bacon to Cos lettuce, mix thoroughly and add dressing to taste (any remaining dressing can be served separately).
  7. Serve into 4 salad bowls or plates. Top with slices of parmesan shavings, croutons, and sprinkle with chives.
- Serve with crusty bread.



## Q-tips

- Always allow roast chicken to stand for at least 15 minutes before carving. It is easier to carve and the juices have settled into the chicken meat making the chicken more succulent and tasty.



## Roast Chicken Uncovered

### Chicken roasting time

Pre-heat your oven to Gas mark 4, 180°C/350°F, and cook for 45 mins per kg, plus 20 mins. Leave to rest before carving. Ask your Q Guild Butcher about different stuffings and herbs to use when roasting.

**Remember cold roast chicken is great for salads, pasta dishes and sandwiches.**

**Roast or grilled chicken legs... Let the kids discover them**  
Cold chicken drumsticks go down a treat for snacks, light lunches, salads and hungry kids.